



⌘ **Billings** ⌘

**Resource Guide for  
Individuals Recovering from  
Heart Attack or Stroke**





# Billings

## Resource Guide for Individuals Recovering from Heart Attack or Stroke

**If you've had a heart attack or stroke, you're at higher risk of having another one.** Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. The more risk factors you have, the higher your chances of having another heart attack or stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides names, addresses and telephone numbers for programs and services in the Billings area to help you make these lifestyle changes.

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This document is also posted on the Montana  
Cardiovascular Health Program web site at  
<http://montanacardiovascular.state.mt.us>

## Cardiac Rehabilitation Facilities

Cardiac rehabilitation (rehab) is a supervised program that includes physical activity, lifestyle changes, education, and emotional support for people who have had a heart attack, bypass surgery or have other heart problems. Programs are medically supervised and individually designed to enhance your quality of life. The goal is to help you return to, and maintain, your best possible physical and emotional condition.

### Deaconess Billings Clinic Welch Heart Center

1020 North 27th Street, 2nd Floor

Billings, Montana 59101

**Phone:** (406) 238-2000

**Services Provided:** For cardiac rehab information, contact an exercise physiologist at the above number.

### St. Vincent Healthcare Heart Center

1233 North 30<sup>th</sup> Street

Billings, MT 59101

**Phone:** (406) 657-7000

**Services Provided:** The Cardiac Rehabilitation team at St. Vincent Healthcare includes registered nurses and physical therapists. The team works closely with the patient's initial healthcare team to make sure the plan starts in the hospital and continues on an outpatient basis. A regular progress report is submitted to the patient's physician. In addition to exercise classes, medically supervised education is provided on diet, nutrition, oxygen use, anxiety management, and breathing techniques.



## Diabetes Management Programs

Diabetes Management Programs teach individuals how to manage their diabetes to minimize health complications. Staff members include healthcare professionals (nurses and registered dietitians) with training and experience in diabetes management.

### Deaconess Billings Clinic Diabetes Team

2825 8th Avenue North

Billings, MT 59107

**Phone:** (406) 238-2501

**Services Provided:** The Diabetes Team consists of a Primary Care Physician, Endocrinologist, Diabetes Educators, RN Educators and Registered Dietitians. The goal of this team is to educate patients to successfully manage their own diabetes by achieving healthy blood sugar levels and learning lifestyle modifications that include diet, exercise, weight management, blood glucose monitoring, continued motivation for health, and preventing complications that may develop from diabetes.

### St. Vincent Healthcare Diabetes Center

1233 North 30<sup>th</sup> Street

Billings, MT 59101

**Phone:** (406) 238-6530

**Services Provided:** The St. Vincent Healthcare Diabetes Center is dedicated to teaching adults and children with diabetes to become empowered to care for themselves properly. The interdisciplinary team includes nurses, dietitians, physicians, pharmacists, physical therapists, a counselor and an American Diabetes Association representative. Eight members of the Diabetes Team are Certified Diabetes Educators.

## Nutrition Education/Counseling

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly.

### Center for Health and Healing St. Vincent Healthcare

Courtnie Shatwell, RD, LN

90 Poly Drive

Billings, MT 59101

**Phone:** (406) 237-3680

**Services Provided:** Individual counseling by a Registered Dietitian is available for a variety of nutrition issues including weight management and heart-healthy eating. Please call for more information.



## Physical Activity

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

### 24 Hour Fitness

1603 Grand Avenue, Suite H1  
Billings, MT 59102

**Phone:** (406) 245-9060

**Services Provided:** Call for current programs and fees.

### Billings Athletic Club

777 15<sup>th</sup> Street West  
Billings, MT 59102

**Phone:** (406) 259-2626

**Services Provided:** Call for current programs and fees.

### Billings Department of Parks, Recreation, and Public Lands

390 North 23<sup>rd</sup> Street  
Billings, MT 59101

**Phone:** (406) 657-8371

**Services Provided:** The park and recreation system consists of 2,592 acres of park land with recreation facilities throughout the city. The Department conducts recreation programs for young and old. For information about current activities, phone the Parks and Recreation Department at the above number or check the web site at <http://ci.billings.mt.us/Living/parks.php>.

### Billings Family YMCA

402 North 32<sup>nd</sup> Street  
Billings, MT 59102

**Phone:** (406) 248-1685

**Services Provided:** Call for current programs and fees.

**Curves for Women**

926 Main Street, Suite 4  
Billings, MT 59105

**Phone:** (406) 252-1300

**Services Provided:** Call for current programs and fees.

**Curves for Women**

1500 Broadwater Avenue  
Billings, MT 59102

**Phone:** (406) 651-1911

**Services Provided:** Call for current programs and fees.

**Plaza Fitness**

131 Moore Lane, Suite F  
Billings, MT 59101

**Phone:** (406) 259-4566

**Services Provided:** Call for current programs and fees.

**Powerhouse Gym**

1321 Main Street  
Billings, MT 59105

**Phone:** (406) 252-7737

**Services Provided:** Call for current programs and fees.

**Slice of Life Exercise Program**

St. Vincent Healthcare Senior Services  
Billings, MT 59102

**Phone:** (406) 237-3480

**Services Provided:** A free class for seniors. Includes stretching, low impact aerobics and some line dancing. Uses water jugs for weights and thera-bands. Locations: Monday and Wednesday 7:30 to 8:15 am at West Park Plaza. Tuesday and Thursday 7:30 to 8:15 am at Rimrock Mall.

**Yellowstone Racquet and Health Club**

3440 Rimrock Road  
Billings, MT 59102

**Phone:** (406) 656-8040

**Services Provided:** Call for current programs and fees.



## Prescription Drug Patient Assistance Programs

There is help available for people who have no insurance and can't afford to purchase their medicines. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

### NeedyMeds.com

[www.needymeds.com](http://www.needymeds.com)

**Services Provided:** This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications, and applications for many programs. NeedyMeds is an information source, not a program itself.

### The Pharmaceutical Research and Manufacturers of America (PhRMA)

[www.phrma.org](http://www.phrma.org)

**Services Provided:** The Pharmaceutical Research and Manufacturers of America (PhRMA) trade group has compiled an online directory of patient programs for selected prescription medicines. The directory lists pharmaceutical companies, medications covered, and basic eligibility criteria. This directory is not inclusive and includes only companies that are members of PhRMA.

## Smoking Cessation

If you smoke, QUIT! Smoking increases the risk of heart attack and stroke. The more you smoke, the higher your risk. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

### Freedom From Tobacco

St. Vincent Healthcare

**Phone:** (406) 238-6181

**Services Provided:** A six to eight-week group program based on the program from the American Lung Association. The program uses a positive behavioral change approach that teaches you how to become a nonsmoker for good. Call the Registration Line at the above number for fee, dates and location.

### Meadowlark Recovery Services

1925 Grand Avenue

Billings, MT 59102

**Phone:** (406) 255-7595 • (406) 698-0528

**Services Provided:** Call Donna Johnson at the above number for information about one-on-one tobacco cessation counseling.

### Tobacco Dependency Clinic

Deaconess Billings Clinic

**Phone:** (406) 657-4075

**Services Provided:** This six-week program is offered each spring and fall and is open to the public. The fee is \$99. Call the above number for dates and location.

### Tobacco Quit Line

Montana Tobacco Use Prevention Program

**Phone:** 1-866-485-QUIT (7848)

**Services Provided:** The Tobacco Quit Line is a free telephone service for all Montanans. Smokers, chewers, family members, and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy with patches or gum unless covered by an individual's medical insurance. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

## Specialty Clinics & Programs

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart attack or stroke.

### Blood Pressure Clinic

St. Vincent Healthcare Senior Services  
Billings, MT 59102

**Phone:** (406) 237-3480

**Services Provided:** The Blood Pressure Clinic is a free service for seniors. Staff will check your pulse, blood pressure and oxygen saturation. They will also make referrals when appropriate. Locations: 1st Tuesday-West Park Retirement Village 2nd Tuesday-First Presbyterian Church 2nd Wednesday-St. Bernard's 3rd Tuesday-South Park Senior Center 3rd Wednesday-Vista at Mission Ridge 3rd Thursday-Billings Community Center

### Deaconess Billings Clinic Welch Heart Center

1020 North 27th Street, 2nd Floor  
Billings, Montana 59101

**Phone:** (406) 238-2000

**Services Provided:** Deaconess Billings Clinic Cardiac Services offers the latest in comprehensive care. This organization pioneered the first open heart surgery in Montana in 1972. The comprehensive services offered at DBC Cardiac Services include diagnostic, treatment, wellness and prevention services.

### St. Vincent Healthcare Heart Center

1233 North 30<sup>th</sup> Street  
Billings, MT 59101

**Phone:** (406) 657-7000

**Services Provided:** The Heart Center staff combines technical skills and advanced technology to diagnose, treat and prevent heart disease. Whether suffering from a heart attack or living with chronic heart disease, patients can be assured expert care in cardiognostics, cardiac catheterization, cardiac surgery, cardiac intensive care, telemetry, and cardiac rehabilitation.

## Consumer Health Information

These organizations and web sites are sources of credible medical and health information.

### Deaconess Billings Clinic HealthLine

**Phone:** (406) 255-8400

**Services Provided:** Have a health question? The registered nurses at Deaconess Billings Clinic HealthLine are available between 7 a.m. and midnight to answer health questions. *If this is an emergency, please contact the nearest hospital emergency room directly or dial 911.*

### St. Vincent Healthcare Health Sciences Library

1233 North 30<sup>th</sup> Street

Billings, MT 59101

**Phone:** (406) 237-8640

**Services Provided:** Access to St. Vincent Healthcare Health Sciences Library collections is available to non-affiliated health professionals, students, and the general public.

### Organization

American Council on Exercise:  
Cardiovascular Exercise Fit Facts

American Dietetic Association

American Heart Association

American Stroke Association

Deaconess Billings Clinic

Montana Cardiovascular  
Health Program

Provides links to other  
related web sites

Montana Dietetic Association:  
Montana "Healthy Families"  
materials

National Heart, Lung,  
and Blood Institute

St. Vincent Healthcare

### Web Site

[www.acefitness.org/fitfacts/  
fitfacts\\_list.cfm#1](http://www.acefitness.org/fitfacts/fitfacts_list.cfm#1)

[www.eatright.org](http://www.eatright.org)

[www.americanheart.org](http://www.americanheart.org)

[www.strokeassociation.org](http://www.strokeassociation.org)

[www.billingsclinic.com](http://www.billingsclinic.com)

[http://  
montanacardiovascular.  
state.mt.us](http://montanacardiovascular.state.mt.us)

[www.montanadietetic  
association.org](http://www.montanadieteticassociation.org)

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

[www.svhc.org](http://www.svhc.org)

## Questions?

If you have questions about this resource guide,  
contact:

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## What do you think?

Please take a moment to answer a few questions about the usability of this Missoula-area guide.

1. Was this guide useful?    Yes    No
  
2. Which sections did you use as a reference?
  - Cardiac Rehab Facilities
  - Diabetes Management Programs
  - Nutrition Education/Counseling
  - Physical Activity
  - Smoking Cessation
  - Specialty Clinics & Support Services
  - Consumer Health Information
  
3. What other kinds of information would be useful to include in this guide?
  
  
  
  
  
  
  
  
  
  
4. Other comments or suggestions:

Please return this form to:

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